

INTRO

Individual Consult: 30 - 45min (Phone or Zoom)

- One-on-one consult with Health Professional
- Individual health & lifestyle goal setting
- Nutrition & physical activity assessment
- Personalised advice to achieve your goals

- NO OUT OF POCKET COST -

The Life! program is Victorian Government funded for women who have had Gestational Diabetes or PCOS



60 min



Zoom



or phone



facilitated by Dietitians and Exercise Physiologists

Evidence-based health education delivered by Allied Health professionals. Online group sessions are run fortnightly via Zoom

session 1

1

Nutrition, Diets & Diabetes

Key session content includes:

- Type 2 Diabetes - everything you need to know
- Dietary fats and heart health
- Portion control for healthy weight

- The importance of fibre - are you getting enough?
- Dietary fluids and energy balance
- Latest research on butter, red wine, coconut oil, dairy and more

session 2

2

Healthy Meals, Cooking & Food Labels

Key session content includes:

- Healthy food swaps and nutritious snacks
- Quick and healthy meal planning
- Healthy cooking techniques

- Food label reading
- Salt, sugar and alcohol - why does it matter?
- Grocery shopping tips and advice
- Managing & curbing sugar cravings

session 3

3

Exercise & Physical Activity

Key session content includes:

- Fitting exercise into a busy lifestyle
- Overcoming barriers to exercise
- Key exercises to prevent Type 2 Diabetes

- Exercises for core and pelvic floor strengthening
- Benefits of strength + cardio training
- How to select home exercise apps
- How exercise improves mental health

session 4

4

Mental Health

Key session content includes:

- Proven strategies to reduce stress
- Techniques to improve sleep quality
- How to improve 'brain health'

- Tips for mindful and social eating
- Managing emotional & boredom eating
- Summary of trending and popular diets

session 5

5

Follow up (4 months later)

Key session content includes:

- Managing lapses & celebrating successes
- Implement new strategies to achieve goals
- The Health Star Rating - is it reliable?
- Improve BP and cholesterol naturally
- Gut health, prebiotics and probiotics

Contact details

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session 6

6

Follow up (6 months later)

Key session content includes:

- Revise goals & lapses
- Revisit exercise strategies
- Spotlight on calcium & iron in diet
- Examining the latest diet claims
- Healthy food swaps

Scan here to register interest and one of our team will be in touch

